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INTRIGUING VIETNAMESE

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page 34

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In luscious treats from
practical cooks
page 15

Black & White Dominican
Exploring popular
black & white flavors
page 30





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BARBONFOUR

COLLECTED WINE & SPIRITS
John Jacobson and Andrea Fugère

BARBONFOUR
100% Cabernet
100% Merlot
100% Pinot Noir

THE POMMES COMPANY

100% Cabernet
100% Merlot
100% Pinot Noir

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100% Merlot
100% Pinot Noir

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Family farebooks, photos, a suitcase full of clothes — if you were leaving home for ever, what would you take with you? For as long as immigrants have been coming to America, they've been bringing their favorite recipes along with them, making ingredients away to their homes, adapting them to whatever is hand when they get here. In that sense of faith, we're adding some delicious imports to our recipe list.

When they arrived in the Northwest early in the last century, Portuguese immigrants found waters abundant with fish and the fish and it's role land for livestock — ideal for an old-world cuisine rich in seafood and some of the best manage on the planet. Explore Portuguese classics like Spicy Clams with Chausson and Onions in "The Portuguese Table" (page 34). French Canadian immigrants coming south brought tender pork and thick apple syrup with them, along with recipes like traditional pork loaves in just one of the ingredients in "A Taste of Quebec" (page 23). And of course your theme, "French Fare" (page 28) details a handful of rich, hearty classics imported to the States, including Bûche de Noël, a festive cake served here, not the bread cake kind.

With a wide variety of exotic fruits, veggies and imported products available in your neighborhood supermarket, it's easier than ever to try globally. Curious about Caribbean? "Domestica Delights" (page 30) dips into the island, along, a fusion of Domestica fare and West African roots with an emphasis on simple preparation and local ingredients — rice, beans, yuca, yuca, and plantains, along with grilled fish, stir-fries, pan-fried steak, and steak steaks. Love summer grilling but getting a little bored with the same old same old? "Meats in Minutes" (page 41) adds a touch of Caribbean to your weekend. Puerto Rican style, with fresh mangos and peppers, radishes and mango sauce. Whatever you do decide, forget the phrase: "For Your Health" (page 34) from the local health and wellness of Vietnamese cuisine, healthily translated by families working here in the 1970s. Dishes like Pho (a beef noodle soup) and soups like Phở Chả Cá (a fish and rice soup) and soups like Bún Chả Cá (a fish and rice soup) are full of fresh ingredients like lemongrass, fish sauce, chilies, herbs, and herbs of all kinds. The Summer Bites will make you smile.

Now that you've had a taste of the world, why not give us back some next issue for all good things close to home?

Ron
RON ROOSE
President & CEO
Pommes Food Co.

My husband and I always enjoyed shopping at Hannaford on our travels around Maine: from Bangor, and Yarmouth. We often said how we wished the store would move closer to us, so I was very happy when Hannaford did come to Midtown Maine. I love the store, and they've done a fantastic job maintaining it.

I love it! Hannaford breeds because the produce are just as good and cheaper than the main brands, and the Produce department can't beat — everything is nice and fresh.

I have never in my 81 years been in a store that has such people and customers help. Even the guy sweeping the floor knows where things are and will stop and get things for me. The customers are terrific and always send a packet with me to my car to get things in the trunk.

And I love fresh magazine. I send copies to my friends who don't live near a Hannaford. In fact I have a friend in Vermont who was looking for a recipe for whoopie pie. I sent her the article in fresh (July/August 2008) and she was very happy with how they turned out.

DIANA PASCUCCI

Portland, Maine

I used to shop at Hannaford, and I always looked forward to getting the new issue of fresh magazine. My family and I recently moved to Arizona and the supermarkets just don't compare. Most of all, I really



"The magazine is one of the reasons Hannaford has become my favorite store."

while getting fresh magazine. It was wonderful if it is possible to receive the magazine in Arizona it would be such a treat.

ROBERT W WILLIAMS

Phoenix, Arizona

Editor: It is wonderful to hear that you're such a fan of fresh. Unfortunately fresh is currently available only in Hannaford stores. However even if you can't stop at our store you can always visit ourhannaford.com to read the latest recipes and select articles from past issues of fresh.

I wanted to let you know how impressed I am by fresh magazine. The recipes are terrific and relevant, the articles interesting, the photography amazing. This is such a high-class publication. I appreciate the food editors and elegance of the recipes. I don't just use supermarkets to shop at, you Midtown Maine store. I am always excited to see whether the new editions of fresh has come out yet. The magazine is one of the reasons Hannaford has become my favorite supermarket.

CHRISTINA LANE

East Greenwich, Rhode Island

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We'd Love to Hear from You!

Please send your comments, suggestions, and column requests to feedback@hannaford.com or fresh magazine (PO Box 8908, Portland, ME 04204). Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity by The Hannaford Co. Hannaford stores visit www.hannaford.com and click on the Contact Us icon at the top of the page. Then call 1-800-233-0040.

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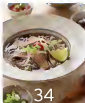
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Visit us online at www.hapwood.com for
even more great recipes, tips, and ideas
devoted entirely to your love of food

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See page 24 for the recipe
Photograph by Mark Fort

MEET US! Join us on Facebook to
share our food stories and recipes. Visit
facebook.com/hapwood and connect



Your Healthy Living Resource

At **Harvard**, we want to be more than your favorite grocery store — we want to be your one-stop resource for healthy living. We offer an unmatched selection of food products, including fresh meats and produce and thousands of organic and natural items. But that's just the beginning. We've also found ways to help you make good food choices much kinder to not just your money, but your prescription drugs, and more.

You might already know about our **Guiding Stars** program — the country's first storewide nutrition navigation sys-

tem — designed to make it easier to be healthy eating like a true good lifestyle. With the way to read labels on our shelves, shoppers can quickly identify foods with the best nutritional content. Foods that have earned a star have more of the good stuff you need — whole grains, fiber, vitamins, and minerals.

We offer **store tours** for shoppers with chronic health concerns, and tours for school groups to teach kids about good eating. **Healthy classes** with registered dietitians are available on many of our

stores. Go to www.harvard.com and visit the Healthy Living section for class schedules. While you're there, check out other handy resources like cooking class tips, shopping lists, recipes, and a chance to ask our nutritionist a question.

Harvard also can help you spend less on prescription drugs at our **in-store pharmacies**. Our healthy store plus program (see page 23) is designed to help you stretch your health care dollars.

Stop in at your neighborhood Harvard store, and see what we're got for you.



[INSPIRED IDEA: PICNIC DIPPERS]

Picnic meals can range from simple sandwiches to multi-course feasts, but whatever you prepare dips and dippers are a great starter for dips. Use oil-packed, cherry and pears, and cucumbers, naturally low in fat protein, or corn chips or multigrain chips, including one or more Guiding Stars.

Here's how to be creative: Start with a small Greek-style yogurt or reduced-fat ricotta cream cheese. Then add a few Taste of Inspiration® ingredients. Store in a plastic container with a light-filtering lid and pack in the cooler. Try our quick-and-easy tips to meet your own combinations.

- **Cool & Creamy:** Mix 1/2 cup ricotta cheese-style yogurt with 1/4 cup inspiration® Delish Smoked Oak Salt and Blackberry infused.
- **Like the taste of Olive Oil?** Mix 1/4 cup ricotta cheese-style yogurt with 1 Tbsp. inspiration® Black Olive Tapenade & Tbsp. inspiration® Sundried Tomato Bruschetta, and 1/4 cup hard cucumber.
- **Creamy Tomato:** Mix 1/4 cup reduced-fat cream cheese with 1/4 cup inspiration® Roma Tomato Bruschetta.
- **Sweet & Spicy:** Mix 1/4 cup reduced-fat cream cheese with 1/4 cup Pine Pepper Jelly.



healthy saver[®]plus

Important Hannaford Healthy Saver Updates

In 2020, the original Hannaford Healthy Saver program saved customers more than \$28 and took in previously unmet costs, and now the new healthy saver[®] plus program offers even greater savings and more benefits.

The updated healthy saver plus delivers an increased level of pharmacy service to you and your family. This program replaces the original healthy saver program which was discontinued April 1, 2020.

What Does healthy saver[®] plus Offer?

- Featured oral antibiotics such as amoxicillin and penicillin free
- 30-day supplies of more than 450 commonly prescribed made at home \$4
- 90-day supplies of the same made at home \$199 — 30 per prescription less than the cost under the original healthy saver program
- A coupon book packed with more than \$200 in savings on items throughout our stores
- Coupons sent to your email address each month offering savings on healthy care products and healthy foods
- Savings on select over-the-counter aids and select diabetic testing supplies



Fitness Tips On The Go

Think of how much time you spend being relatively inactive — commuting, sitting behind a desk, parking up around the house, and driving the kids to activities. Get some healthy mileage out of that time with these fitness tips, which can easily be added to your regular routine. No need to park your gym bag!

- **When you're running errands:** park as far away from your destination as you comfortably can and walk. Once you're out on the parking lot, pick up the pace while waiting about for traffic.
- **If you have time for a walk around the block:** walking at a brisk pace will get in some additional calorie burning — up to 50 percent more.
- **Even walking through the aisles at Hannaford can involve good fitness habits.** By holding a firm, straight posture you can strengthen core muscles that would otherwise be off-duty just engage your abdominal muscles and move with smooth, balanced motion. And as you shop your cart will be going better, giving you an even bigger fitness payoff.
- **Whether you're standing in line or sitting behind the wheel,** engage this exercise to strengthen your abdominals: breathe out, then suck in your stomach as far as you can and hold for six or seven.
- **Next time you're standing,** strengthen your shin muscles by pointing your feet upward, with your heel planted firmly as a pivot. Hold for 20 to 30 seconds.
- **Different types of household chores involve different muscles,** so vary your tasks to incorporate more movement. Scrubbing floors uses your arms (less than some and working), but if you squat to reach the floor instead of bending or kneeling, you'll work your legs too.
- **Moving your hip flexors back and forth and working synergistically burns calories** and can be a positive benefit to your overall health.
- **No matter what you're doing,** remember to keep your muscles engaged and move with a purpose. And whether sitting or standing, try to keep your posture properly aligned — you'll be strengthening your core muscles and avoiding another sore lower shoulder area.



[INGREDIENT INSIDER: PHYLLO]**By Kathy Humphrey**

Phyllo dough, also spelled filo and *fillo*, is ancestral (as to use) to Greek, Turkish, and Bulgarian cuisines. Most commonly known as the delicately layered pastry in spanakopastas (Greek spinach pie) and baklava, mass-produced phyllo is made of large, water-soluble starch granules such as brown potato or vinegar, and a trace amount of oil. Dried mass phyllo is low in fat, but traditionally the layers of pastry are brushed with copious amounts of butter or oil.

Phyllo—which comes frozen—is thin and delicate, but even a thin crust or double up while you're constructing it, it won't be too fragile in the final product.

PARAGORITA (GREEK POTATO AND LEEK PIE)

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME (INCLUDES COOKING): 50 MINUTES

This tasty vegetable casserole also works well as a side dish. Map for leeks.

1. Tbsp. olive oil
2. cups drained, chopped leek whites and greens (about 4 leeks)
3. 1/2 cups potatoes, scrubbed, peeled, and quartered
4. eggs

5. Tbsp. milk
6. Tbsp. chopped fresh dill or 2 Tbsp. dried
7. 1/2 tsp. freshly ground black pepper
8. sheets phyllo dough, 1 sheet and well-separated cold butter to use
9. 1 cup-crumbled feta cheese
10. 1 cup-crushed green olives or black olives (optional, or a combination, coarsely chopped)

1. Preheat oven to 375°F. Spray a 9-by-13-inch baking pan with vegetable cooking spray.

2. Heat 2 Tbsp. oil in a large saucepan (stirrer over medium heat); then add leeks. Cook until they have softened but not still bright green and have not caramelized (about 10 minutes). Transfer to a bowl and let cool, about 10 minutes. Put potatoes, egg, and milk in a large bowl and mix to combine; then stir in dill and pepper.

3. Place remaining 2 Tbsp. plus 1 Tbsp. olive oil in a small cup or bowl. Remove phyllo from fridge; take sheets out of box, and unroll so they're flat. Cover with a sheet of plastic wrap, and then a clean damp dishcloth.

4. Place a sheet of phyllo on bottom of baking pan. Using your fingers, lightly dot with olive oil. Place another piece of phyllo on top, gently press down, and continue until you have 4 layers. Do not oil the last sheet.

5. Place half the potato mixture on top and sprinkle with half the feta and half the olives. Top with remaining potato mixture and sprinkle with remaining feta and olives. Top with 1 sheet phyllo and, using your fingers, lightly dot phyllo with olive oil. Continue until you have 4 layers. Oil the last sheet too, using up any remaining oil.



6. Bake at 375°F until golden brown, about 45 minutes. Serve hot or at room temperature. May be made in advance and frozen then reheated at 375°F for 15 to 20 minutes.

APPROXIMATE BUT NOT EXACT NUTRIENT PER SERVING:
PHYLLO: 100 CAL 14.5g CARBOHYDRATE 40g FIBER 10g FAT 14.5g PROTEIN 25g FOND-COLORED
HOMOCYSTINE 10g FIBER

[TECHNIQUE: HANDLING PHYLLO]

Phyllo dough is literally paper thin—thinner-paper thin. It comes frozen in a package of several rolled-up sheets. Once unrolled, each sheet is a large rectangle—about 17 by 14 to 18 by 18 inches, depending on the brand. Larger sheets may be cut in half using scissors. It's the layering of these sheets, separated by oil, melted butter or even cooking spray, that gives phyllo dough and pies such as baklava or spanakopastas their appealing textures.

The day before you plan to use the phyllo, remove the package from the freezer and let it thaw in the fridge for 6 to 8 hours. About a half hour before you plan to start cooking, remove the sheets from the fridge.

The key to working with phyllo is to keep it from drying out while you work. Right when you're ready to use it, remove the phyllo from the plastic bag and stretch. Count out just the number of sheets you need, unfold any remaining, and return them to the bag. They can be reheated or refrozen in the fridge.

Place 1 to 2 sheets you're using on a flat, dry surface and cover completely with a sheet of plastic wrap. Cover that with a damp cool tea-wet cloth next. Remove one sheet at a time from the pile, keeping the rest covered while you work. If any of the sheets are just plain the pieces at the top—the wraps will come together and work fine until the dish bakes.

Down to Earth

Meghan Helfstedt helps make Hammarford a leading "green grocer"

BY REVERLY BALLARD PHIL LINDHART WITH SHARON POOLE

Meghan Helfstedt is on a quest to help us do our part in maintaining a healthy planet. The love of nature she developed as a child in Iowa inspired her to obtain her graduate degree from the Yale School of Forestry and Environmental Studies. As Hammarford's Social Responsibility Manager for the past three years, Meghan has coordinated events both across the company to expand the reach of Hammarford's environmental initiatives.

What inspired your passion for protecting the environment?

I grew up with a great love for the outdoors thanks to my family's hobbies of camping, hiking, canoeing, and visiting national parks. My parents instilled in me a belief in the importance of treating lightly on the environment. They inspired me to implement recycling programs in the schools I attended and to learn to engage people around environmental projects.

How did you end up moving from the heartland to your Hammarford Hammarford job? Couldn't you go to college and a career across America as parent of farmers, the corn, and most probably accessible lands. People tend to think of this region as super developed and the Midwest as less spoiled. You don't see very high natural preservation here. Is it not?

I ended up working as environmental science corporate management and sustainable business in New England.

What is your most significant environmental success story at Hammarford?

Our reusable bag program has made a tremendous impact. Thanks to so many of our shoppers making that small change we estimate that in 2008 alone, we used 50 million fewer plastic bags.

What are some of the ways that Hammarford is working on becoming even more service environmentally friendly?

We've done a lot of brainstorming on ways to reduce waste and conserve energy. Over the last two decades, we've streamlined our stores with highly efficient fluorescent lights. We're applying a new refrigeration system designed by our engineering team to cut retail energy consumption in half. And we hope to rely increasingly on renewable energy sources — lots of our stores are using solar panels, and we're looking for wind energy potential in one of our locations soon. At our new Augusta, Maine store — designed to meet LEED certification — we'll test the possibility of tapping geothermal energy for heating and cooling.

What kinds of practical steps do you encourage Hammarford shoppers to take? When added together, small changes can go a long way. Copying for reusable shopping bags is one step. Others are choosing organically grown produce and foods consumed in less packaging, selecting cleaning products made from natural ingredients and buying paper products manufactured from recycled materials.

What environmentally friendly habits do you encourage at home?

We've made our sources of light and heat energy efficient. When practical, we buy locally grown and organic produce. We also try to cut as few as possible on the food chain — consuming meat less often can really make a family's environmental



impact. We compost kitchen scraps — and we recycle everything we can.

How can children make a difference?

Children have been a driving force behind increasing environmental awareness here and many kids are using recycling programs at work in their schools and are learning about the benefits of healthy eating in their classrooms — then they go home and educate their parents. It really can be a reversal of roles, with kids leading their parents to "greener" practices.

How can parents encourage kids to make thoughtful choices?

It's critical for parents to foster respect for the planet. This report will help lead us all to make decisions that allow future generations to enjoy clean air and water as well as the beauty of nature. ■

Serving Up Tradition

Our readers celebrate their family heritage at the table

BY MORGAN ROWLEY LITTLE

When it comes to planning a special meal, many of us return to the tastes of our childhood. The nostalgia of our parents' kitchens can be both comfort-

ing and inspiring. We recall the familiar smells of a favorite childhood dish, and we're inspired to start a taste-of-heritage and culinary tradition in our own families.

Ray Mohamed moved to the United States from Kuwait when she was 3 years old. Her mother kept the family's Palestinian roots alive in Kentucky through her cooking, preparing meals for dinner guests every weekend — a tradition Mohamed continues at her Mason/Hardin home. She says, "I love my childhood memories of my mom baking fresh bread, making her own yogurt and cheese, and of me helping her out in the kitchen."

Today it's Mohamed's children who are the helpers. "They love our dishes: chicken, smitjes, a kind of Middle Eastern meatball. My daughter loves to chop up the Art (he said)." The kids also have fun making American favorites. She practices grilling chicken legs and burgers. "I have tried to keep my mom's recipes alive in my kitchen, just so that her presence was me, and so my children will have the same memories that brought me joy," Mohamed says.

Mohamed's international and home-cooked recipes include tahini, a key ingredient in her baba ghanoush, an eggplant dip she'll often serve guests. "We cook all types of food, whatever we're in the mood for," she says. Whether it's our favorite grilling Southern foods, her specialty California ribs, or walnut-crusted snapper steaks, Mohamed's recipes to create a home feel need that will bring enjoyment to those who eat it.



RAY MOHAMED'S KITCHEN

Regina Benitez is Paycom Customer Service representative at the Hammond Corporate Office in Miami, shares Mohamed's sentiment: "I believe going backwards for a meal creates great memories," she says. The oldest of nine children, Benitez learned how to prepare meals alongside her mother and grandmother.

Now a grandmother herself, Benitez uses recipes passed by her family. "I was inspired by my late husband's grandmother who was from Mexico," she says. One recipe that has remained a family favorite has been

that 50 years is almost ready. Based on traditional, a Greek cookie. "It's a treat during the Christmas holidays and a standing request from my daughter," Benitez says.

Today, she's influenced by her husband's French-Canadian roots. "I'm always looking for new and exciting recipes," she says. "us being able to pull from different cultures is a wonderful asset."

Benitez grows children want to retain their heritage in their own kitchens. "My daughter recently asked for numerous family recipes on both Greek and American. My

FOOD LOVERS' FAVORITES

BABA GHANDUSH (EGGPLANT DIP)
YIELD: ABOUT 2 CUPS (20 SERVINGS)
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 37 MINUTES

Roasting the eggplant gives the dip a pleasing smoky flavor. Roasted eggs (served frequently cut bar for this recipe) are a great dip to serve at parties. Map to lovers.

- 1 large eggplant (about 1½ lbs.)
- 1 Tbsp. olive oil
- 2 Tbsp. plain low-fat yogurt
- 2 Tbsp. lemon juice (not bottled)
- 2 Tbsp. fresh lemon juice
- 2 cloves garlic
- ½ tsp. salt, or to taste

Perk up eggs for omelets

Roast vegetables (eggplant, carrots, peppers, cauliflower) in oil chips or olive oil wedges

1. Preheat broiler. Line a baking sheet with foil and spray with vegetable cooking spray. Cut eggplant in half lengthwise and place face down on foil. Broil for 14 to 16 minutes, until skin is blistered and flesh is cooked and softened. Turn eggplant over and let cook on baking sheet for 15 minutes.

2. When a eggplant is cool enough to touch, use a teaspoon to remove as many seeds as you can, but try to retain juices. If seeds are very large (large), choose (skin) and keep fresh and any tiny seeds (skin) in a bowl or a food processor or blender for a smoother texture. For a chunkier dip, mash eggplant in a bowl with a fork.

3. Mix or process roasted eggplant with yogurt, lemon juice, lemon juice (not bottled), and oil until well combined.

4. To serve, transfer into phyllo cups to a decorative bowl and garnish with parsley sprigs. Serve cold or at room temperature with fresh veggie pin chips or pin bread wedges.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
45 CALORIES, 4% CARBOHYDRATE, 5% PROTEIN, 0% FAT
SEE OUR WEBSITE FOR MORE INFORMATION. (FOOD
SCIENCE 101)

PHOTO: JENNIFER
DESIGN: JENNIFER



SESAME GINGER TWISTS
YIELD: ABOUT 15 TWISTS (ABOUT
10-12 SERVINGS)
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 1 HOUR, 30 MINUTES

Twists are a family favorite. The grown children will enjoy them for special occasions. They're also a great snack for the kids.

- ½ cup melted butter
- 1 cup sugar
- 2 eggs
- 3½ cups flour
- 1 tsp. baking powder
- ¼ tsp. cinnamon
- 1 cup white sugar
- 1 tsp. vanilla extract
- 2 Tbsp. sesame seeds

1. Preheat oven to 350°F.
2. In a large bowl, use an electric mixer on medium-high speed to cream butter and sugar about 3 minutes. Gradually beat in eggs, then one of the eggs. Beat until pale yellow and fluffy.
3. In a medium bowl, mix together flour, baking powder, and cinnamon for half

the flour mixture into the batter mixture, mixing on low speed just until incorporated. Add sugar and vanilla and mix well, then add remaining flour and mix on low until combined.

4. With well-floured hands, shape dough into uniform size balls. Roll each ball into a rope about 3 to 7 inches long, fold in half and twist, lightly pinching the end. Place twists on an ungreased baking sheet about 1 inch apart (cookies expand slightly when baking). Lightly beat second egg. Brush cookies with beaten egg. Bake quickly with a large pinch of sesame seeds.

5. Bake for 10 to 15 minutes or until light brown. Cool on a wire rack, then store in an airtight container. May be frozen.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 10% CARBOHYDRATE, 10% PROTEIN, 0% FAT
SEE OUR WEBSITE FOR MORE INFORMATION. (FOOD
SCIENCE 101)

Have a favorite recipe? Please share it! You can be featured in Food Lover's Favorites. Just email frank@foodlover.com for more info.

Twist and Shout

Making pretzels with your kids is a fun way to spend time together

BY DENISE MALCONE PHOTOGRAPHS BY MARK FORBES

Pretzels, pretzels are a convenient snack — roll-up-these bags hold all shapes and sizes of crisp bites (extra large small and in between suggests come with easy filling: apple, cheddar and dark fruit) then there are fresh from the oven soft pretzels — quite different from their crunchy cousins. Covered, sprinkled with salt or sugar, homemade pretzels are a snack that really is much fun to make as it is to eat.

As a trio of all groups who emigrated to the New World Germans who landed in Pennsylvania, New York, and Maine brought their favorite recipes with them. Pretzel making was an easily transportable tradition. The basic dough, made with just flour, yeast, sugar, salt, and water hasn't changed much since pretzels were first introduced in Germany many centuries ago. Their simplicity — plus the fun of shaping and decorating — makes for an excellent introduction to bread making.

A key characteristic of pretzels is the lacquered, slightly shiny surface. This doesn't happen through mere baking. To achieve the color and sheen, pretzels are dunked in a "bath" made from water and baking soda before being baked. This process helps soften the starch in the flour and, in addition to giving the pretzels their sheen, makes them slightly crispy on the outside. You and your kids can incorporate a science experiment into pretzel making — bake one pretzel without the bath and you'll see the difference.

Once you master the basic recipe, you can experiment with different flavors and toppings. And don't feel bound by the classic twist shape. Kids can mold the dough to spell their names, make peace signs, form letters — imagination is the



limit. We include a recipe for a Twists Pretzel; the dough is enriched with butter and has more sugar mixed in, and the surface is sprinkled with coarsely sugar. Regular pretzels can be sprinkled with other spices and toppings or with salt — but not just any salt. Ideally the salt used should be coarse, with bigger crystals than regular

table salt. Kosher salt, available in the baking aisle, is the perfect size.

When the pretzels are removed from the oven, let them cool slightly. Then enjoy them plain or serve with a variety of dips and spreads (see page 8 for suggestions). They're delicious as a snack or to accompany a meal.

Cooking with Kids

SWEET PRETZELS

YIELD: 10 PRETZELS (10 SERVINGS)

ACTIVE TIME: 1 HOUR

TOTAL TIME: 2 HOURS

Brown sugar in the dough and a cinnamon sugar topping make these pretzels delicious for breakfast or dessert. [Help for kids.](#)

What Kids Can Do

- Measure out ingredients
 - Blend yeast mixture, then flour mixture
 - Brush inside of bowl with oil
 - Make cinnamon-sugar mixture
 - Form and dip pretzels and sprinkle with sugar mixture
1. Use a 1 cup, active dry yeast
 2. Tap brown sugar, packed
 3. Tap, rounded half-cup and 1/2 cup water

4. Tap, vegetable oil
5. Tap, cinnamon
6. Tap sugar

Rising Soda Bath

- sprinkling soda
- cups warm water

1. Place yeast, brown sugar, and warm water in a large mixing bowl and stir. Allow to sit for 10 minutes, or until foamy. Set to heat and swirl.

2. In another bowl, whisk salt with flour. Add to yeast mixture. It may sit a time until mix dough forms. Then a week, mix flour with flour and knead, squeezing dough with your hands. Knead it over, and pushing it down with the heel of your hand. Continue kneading for 8 to 10 minutes until dough feels smooth and flexible. If a little too

ACTIVE VS. INSTANT YEAST

These recipes call for active dry yeast. Active yeast is called "proofing." Yeast is very sensitive to temperature while active yeast can slow its development, hot water can kill it. A temperature of 105°F to 115°F, roughly (half of both water is ideal). You can substitute instant yeast (also called quick rise, rapid rise, or fast-rising yeast) which does not have to be proofed. Simply mix the yeast with the flour and all the dry ingredients, add water to the flour mixture, and proceed with the recipe.

salty to taste with, add more flour. 1. Tap at a time (light, medium, or dark).

2. Wipe any dough from mixing bowl, then add oil to bowl. Use a paper towel to spread a second coating the surface. Form the dough into a ball and place in a bowl. Cover bowl loosely with plastic wrap and let dough rise in a warm place for about 45 minutes, or until doubled in bulk.

3. Punch down dough to remove any air, then roll into a ball. Divide ball into 12 equal pieces and place on a work surface. Knead bowl, then make each ball by making baking soda and warm water to bowl. Mix and mix each.

4. Preheat oven to 425°F. Line two baking sheets with parchment paper or line with oil and spray with vegetable cooking spray in a small bowl, mix together cinnamon and sugar.

5. To form a traditional pretzel shape, roll each piece of dough into a snake about 12 inches long. Form a lower U and cross the two ends over each other once. Then cross to make a cross. Roll the ends down and stretch them to the bottom of the U, pinching the dough so that it sticks together. Or you can make any other shapes you like — braids, knots, circles.

6. Bake each batch. Top pretzels one at a time, two minutes, then bake on a parchment-lined. Place 6 pretzels on each baking sheet. Sprinkle with cinnamon sugar and bake 12 minutes, or until pretzels are golden brown. Remove immediately.



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INGREDIENTS: 140 G (5 OZ) FLOUR
100 G (3 1/2 OZ) BUTTER, SOFTENED
100 G (3 1/2 OZ) SUGAR, 100 G (3 1/2 OZ) BUTTER,
SOFTENED
100 G (3 1/2 OZ) SUGAR

SOFT PRETZELS

YIELD: 16 PRETZELS (20 SERVINGS)
All-time best in category
TOTAL TIME: 10 MIN. TO 15 MIN.

These classic soft pretzels freeze well for a meal-ready snack (heat for 30 seconds on high strength from the frozen).

What Kids Can Do

- Measure out all ingredients
- Blend yeast mixture, then flour mixture
- Mix boiling soda bath
- Form and dip pretzels and sprinkle with salt

1. Stir 1 pkg. active dry yeast
2. Top sugar
3. cups warm water (100°F, about the temperature of bath water)
4. Top kosher salt, divided
5. cups all-purpose flour plus additional if needed
6. Top canola oil or olive oil

Baking Soda Bath

1. cup baking soda
2. cups warm water

PRETZEL VARIATIONS

Start with the basic recipe then experiment with these toppings before baking the pretzels.

SOFT PRETZELS

- **Pizza Mix 2-Step:** tomato paste with the water. Add 1/2 cup cheese and 1/4 cup ground Parmesan cheese with the flour. Sprinkle pretzels with optional Parmesan.
- **Garlic Breadcrumbs:** Add 1/4 cup garlic powder to the flour. Sprinkle pretzels with cheese sauce.
- **Onion Fennel Seed:** Add 1/4 cup onion powder to the flour. Sprinkle pretzels with onion seeds.

1. Place yeast, sugar and warm water in a large mixing bowl and stir. Allow to sit for 10 minutes or until foamy.

2. In another bowl, whisk 1/4 cup of the salt with the flour. Add to your mixture. 1 cup at a time and mix until dough forms. Dust a work surface with flour and knead, squeezing dough with your hands, lifting it over and pushing it down with the heel of your hand. Continue kneading for 8 or 10 minutes until dough feels smooth and flexible. It is too sticky to work with add more flour. 1 Tbsp. at a time (high moisture is OK).

3. Shape any dough into marbles, then add oil to bowl. Use a paper towel to spread it around coating the surface. Form the dough into a ball and place in a bowl. Cover bowl loosely with plastic wrap and let dough rise in a warm place for about 45 minutes or until doubled in bulk.

4. Flatten dough to remove excess air bubbles, then roll into a ball. Divide the ball into 12 equal pieces and place on a work surface. Knead ball, then make each ball by rolling/rolling sides and warm water to bowl. Mix and set aside.

5. Preheat oven to 450°F. Line two baking sheets with parchment paper or

SOFT PRETZELS



spray sheets with vegetable cooking spray.

6. To form a traditional pretzel shape, roll each piece of dough into a snake about 12 inches long. Form a loose U and cross the two ends over each other, once, then twice to make a cross. Pull the ends down and stretch them to the bottom of the U, pulling the dough so that it stretches together. Or make any other shape you like — let us know, we'll feature! Experiment with different sizes too.

7. Set aside. Dip pretzel one at a time, into mixture, then blot on a kitchen towel. Place 6 pretzels on each baking sheet. Sprinkle each pretzel with 1/4 cup of the salt and bake 12 minutes or until puffy and golden brown. Serve immediately.

APPROXIMATE NUTritional Values Per Serving
Calories: 100
Carbohydrates: 40g
Protein: 10g
Fat: 10g
Sodium: 100mg

Debbie Madson is a food writer from New Hampshire.





the portuguese table

Hearty traditional dishes feature seafood, sausage, and spice

BY KIMBERLY MAYNOR • PHOTOGRAPHS BY KELLER + KELLER

Portugal may be a small country, but its flavors are huge. Facing the Atlantic and sharing a border with Spain, Portugal is about the size of Maine and has a 1,000-mile coastline. The Portuguese have settled the side of the Atlantic since colonial times. In the early 19th century, immigrants from the Azores arrived in south eastern Massachusetts and Rhode Island contributing to the whaling industry. A few years later came in the end of that century when workers were drawn to the fishing industry of Gloucester, Mass., as well as industrial areas, such as Lowell. The coastal roots of Portuguese-Americans are reflected in their cuisine's generous seafood dishes

many of which combine seafood and pork. Bife, frango, and pastas are typical Portuguese rules and are filling and affordable. For something sweet and hot, peppers, as well as paprika, give Portuguese recipes depth. Made from sweet red peppers, paprika gives a signature flavor to both chouriço and bangers, the classic Portuguese sausages. Desserts tend to be simpler cakes, such as brioche (Bolo do Caramelo [Sweet Cake]), as well as egg custards and tarts.

Explore Portuguese-American traditions to our summer seafood dinner reception with Bolo, a yeasted corn bread, great for soaking up the broiled meats.

BROCH (PORTUGUESE CORN BREAD)

SERVES 12

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 2 HOURS, 30 MINUTES

Broch is a yeast bread made with mussels (also spelled mussel) – a periwinkle-like mussel or y-fish mussel (don't confuse it with mussel shells). It's great with soup and for soaking up sauce. May be leavened.

Pin Eggs, 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of butter, 1/2 cup

Pin eggs, mussels (leavened with the yeast), 1/2 cup of oil, 1/2 cup of butter, 1/2 cup of

Pin egg, 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

Pin 1/2 cup of yeast, 1/2 cup of oil, 1/2 cup of

1 In a large mixing bowl, whisk oil and mussels together. Add boiling water and stir to mix. The mixture will have the consistency of heavy mashed potatoes. Let aside to cool for 15 minutes.

2 While mussels cook, preheat oven to 350°F. Whisk eggs into warm, not hot, water in a bowl or pan that is too hot could kill the yeast. If you use an instant-read thermometer, it should read between 105°F and 115°F. Sprinkle in yeast and let sit at 105°F for 10 minutes. Mixture should begin to foam as yeast becomes active.

3 Add 1/2 cup of the melted butter to

PORTUGUESE AND SPANISH

These really delicious are perfect for Portuguese cooking. They're eaten with white wine, and as a snack. They're made with olive oil, and are a great snack with wine, garlic, and parsley. (Liquor is a mix and a little bit of vinegar with some pepper, a little bit of salt and a little bit of oil.)

cooked cornmeal, and add flour and yeast mixture. Stir with a wooden spoon. Then use your hands to knead dough on top in the bowl or on a work surface. For 5 minutes. Dough will become sticky as you knead. If it gets too sticky or work with, add a small amount of flour (2 to 3 Tbsp) to prevent sticking. Alternatively, use the dough hook of a standing mixer and knead dough on low speed for 5 minutes. 4 Use 1 Tbsp. of the butter to grease a 9-inch round cake pan. Transfer dough to pan. Cover with a clean, oiled dishcloth and set in a warm place until doubled in size, about 2 hours. 5 Preheat oven to 400°F. Gently brush top of bread with remaining 1 Tbsp. butter. Bake for 30 to 35 minutes until nicely browned. Tip bread out of pan onto a towel, then turn upright and cool on a wire rack for at least 30 minutes before serving. (Some breads warm at room temperature or toasty. Some at room temperature wrapped in plastic.)

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 100 CALORIES, 1.5 CARBOHYDRATES, 10 PROTEIN, 10 FIBER, 10 SATURATED, 10 CHOLESTEROL, 10 MONOSATURATED, 10 FIBER.

SPICY CLAMS WITH CHORIZO AND ONIONS

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

This dish highlights the classic Portuguese pairing of mussel and sautéed onions. It's a classic, available in many restaurants in the States.





CLAM CHOWDER WITH TOMATOES & ONIONS (SERVES 4)



ish-orange color, which is similar. Be sure to serve bread with the clams to sop up all the flavorful sauce. *Skip for halibut.*

NOTE: If steamer clams are unavailable, substitute 4½ pounds clams and reduce cooking time to 8 to 10 minutes.

- 40 steamer clams
- 1 Tbsp. olive oil
- 2½ ounces (¾ cup) halibut lengthwise and thinly sliced
- 1 Tbsp. minced garlic
- 2 tsp. paprika
- 1½ tsp. freshly ground black pepper
- 1 tsp. crushed red pepper flakes or to taste
- 1 large onion, thinly sliced
- 1 (4.5- to 5-ounce) tomato, drained
- 1 cup dry white wine such as Pinot Grigio or Pinot Blanc
- 1 cup finely chopped fresh dill or chives

1. Scrub clams if they're muddy or sandy. Rinse in the sink or a large bowl of cold water and drain. Repeat this step, allowing clams to sit in water until it's time to cook them.
2. If a halibut pan large enough to hold the clams, heat oil over medium-high heat. When hot, add clams, onion, paprika, black pepper, and pepper flakes, and onion. Cook and stir until onion begins to soften, 4 to 5 minutes.
3. Add tomatoes and wine. Simmer for 10 minutes. Stir in dill or chives and transfer half the sauce to a bowl or large measuring cup. Lift clams out of water and add clams to pot. Pour sauce from bowl onto clams and cover. Cook for 10 to 12 minutes, or until clams open up. Discard any clams that do not open during cooking.
4. Transfer clams and sauce to a large serving bowl, or divide among 8 bowls. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (BY CALORIES): THE CALORIE-TO-WEIGHT RATIO IS 200. THE WEIGHT-TO-CALORIES RATIO IS 0.005. THE WEIGHT-TO-CALORIES RATIO IS 0.005.

WINE RECOMMENDATION: Serve this dish with a light, fruity wine, such as Pinot Grigio, Chardonnay, or Pinot Blanc.

TURN STEAKS WITH SPICY PEPPER SAUCE

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

SERVES 4

A Portuguese friend used to bring us leftovers when his wife made her delicious stew with "gravy." When questioned about the recipe, he admitted the secret ingredient was hot-bup (some wild animal fat). May be hot-bud!

- 1 lb. "buckskin" (wild) potatoes (peeled and quartered lengthwise)
- 1 cup pepper (crushed hot pepper is delicious with medium spicy meat)
- 1 cup hot-bup
- 1 cup red wine vinegar
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. unsalted butter
- 1 lb. fresh bone steaks
- 1/2 tsp. sea salt and 1/2 tsp. sea salt or regular salt
- 1 tsp. minced garlic
- 1 Tbsp. paprika
- 1/2 tsp. fresh lime juice
- 2 Tbsp. finely chopped fresh parsley (optional)

1. Place potatoes in a large stockpot and add enough water to cover by 1 inch. Bring to a boil over high heat, then reduce heat to medium and simmer until tender, 15 to 20 minutes. Drain potatoes and set aside to pan-cook to keep warm; do not salt.

2. While potatoes are cooking, prepare sauce: In a small bowl, mix together hot pepper, hot-bup, and vinegar. Whisk until smooth. Set aside.

3. In a large skillet, heat oil and butter over medium-high heat. When butter has melted, drizzle pan-fry mix with oil, then add wine vinegar. Sprinkle tops of steaks with salt. Cook for 3 to 5 minutes on each side for medium-rare to medium-rare. Transfer into steaks, in a serving plate and cover with foil.

4. Add garlic and paprika to skillet and cook for one more medium-high heat until fragrant about 30 seconds after add hot pepper mixture. Stirrer and mix for 1 minute. Add clam juice and simmer for 5 minutes. If using, add parsley to serve.

WINE WITH STEAK

Serve Portuguese steaks with one or more of these daily options to spend with the meat:

- Sheet-pan with rice, roasted, buttered, and garlic
- Potatoes cut into wedges, roasted with garlic, paprika, and olive oil
- Baby spinach sautéed in olive oil with garlic and olive vinegar
- Sautéed carrots with lemon olive oil, and chives

1. To serve, arrange potatoes around meat on plates and spoon sauce over both. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 345 CALORIES • 40.5 CARBOHYDRATES • 44.0 PROTEIN
 12.0 FAT (7.0 SATURATED) • 10.0 CHOLESTEROL
 1.00 MG SODIUM • 4.0 FIBER

 **WINE RECOMMENDATION:** Serve spicy steaks with a wine light in alcohol. Pinot Noir, Red Burgundy, with an orange juice and apricot flavors, is great served cold.

BOLD DE CERVEJA (BOLD CAKE)

SERVES 12

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES (INCLUDES 2 HOUR COOLING TIME)

Beer provides more cake moisture than any other. The cake can be prepared a day in advance, and it may be frozen.

Notes: The cake works best if eggs are at room temperature. To speed the process, place eggs in a medium bowl, cover with very warm water, and soak for 3 to 5 minutes before using.

- 1 cup oil (pumpkin, flour)
- 2 tsp. baking powder
- 1 tsp. salt
- 1 cup 2% stirred unsalted butter (room temperature)

- 1/2 cup sugar
- 1 egg (room temperature)
- 1 egg yolk
- 1 tsp. vanilla or lemon extract
- 1 cup pineapple juice

Confectioners (sugar) (optional)

Fresh fruit (apples, strawberries, or raspberries) (optional)

Whipped cream (optional)

1. Preheat oven to 325° F. Spray a 10 by 10 inch or 12 by 12 inch pan with vegetable cooking spray. Use a paper towel to make sure entire surface is coated, then dust with flour.

2. In a medium bowl, mix oil and vanilla together. Beat baking powder and salt. Set aside. In a large bowl, mix oil and vinegar, sugar on medium-high to a cream (about 1 minute). Add light and fully about 5 minutes. Add sugar and then wait light and fully about 5 minutes. Sugar cream makes them add egg and yolk, one at a time, mixing on medium speed until each egg is fully incorporated into batter. Mix in vanilla or lemon extract.

3. Add 1 cup of the flour mixture and mix until incorporated and batter is smooth. Add 1/2 cup of beer and mix until incorporated. Repeat this step two more times. 4. Beat butter into prepared pan and smooth top. Bake at 325° F on middle rack for 60 to 70 minutes or until top is golden and a cake tester comes out clean. Cool to pan for at least 1 hour, then remove from pan and cool on a wire rack. For another hour, if desired, add confectioners sugar over surface before slicing. Slice in rounds, remove more, garnished with fresh fruit (apples and whipped cream, if desired). Store at room temperature, well wrapped or in a single container.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (INCLUDES 1/2 CARBOHYDRATES AND PROTEIN):
 345 CALORIES • 40.5 CARBOHYDRATES • 44.0 PROTEIN
 12.0 FAT • 10.0 FIBER

 **WINE RECOMMENDATION:** A sparkling wine, such as Italian Prosecco, would pair well with this cake. *

Visit Kimberly Mayson's blog at www.BeverlyHill.com



PIE BY THE BAY
THE BAY'S BEST

Sample our French Canadian
summer menu — and bon appétit!



a taste of québec

Québec, Canada's French-speaking Belle Province, celebrates its heritage every day in the still and motto *Je me souviens* (I remember). Not surprisingly, food is an important part of this region's culture. French Canadian cooks have created a distinctive regional cuisine highlighting cold-weather staples like game and pork, and sturdy crops such as cabbage, potatoes, and root vegetables. But an underlying influence is the cooking of northeastern France, the original home of the settlers who colonized Québec in the early 1600s. Although the province was taken over by the English in 1763, it has never forgotten its French roots.

In the 19th and 20th centuries many Québécois came to the United States. The new arrivals in Massachusetts, New York, Illinois, and New Hampshire, as well as other New England states, found the familiar, reliable, cold climate — and highly forested land that had shaped their cuisine fresh in French Canada, which made it easy to enjoy familiar dishes in their new home.

My French-speaking great-grandmother regularly made saucisson (*sau-say-say*) for family gatherings, and my mother's childhood is infused with the memory of baked beans with salt pork, bubbling away in an earthen pot every Sunday. For our summer menu, we've included two popular porks: the key ingredient in our saucisson, which is pork to rule out, pinot, bacon is used to flavor a dandelion green salad celebrating the warmer weather. And our ingredients in more quintessentially Québécois than maple syrup — used to flavor baked beans and other dishes — on them is Time on Their Side (maple syrup pot), a handy way to enjoy this sweet.

much prettier, and you'll find aside to feed to some 100 spectators. 30 to 35 minutes

6 While filling is cooking, preheat oven to 425°F. Roll out both disks of dough. Line a 9-inch pie pan with one crust. Trim excess dough from edge. Refrigerate both crusts until ready to fill.

7 Prepare egg wash. In a small bowl, mix egg yolk with the water. Spoon cooled filling into bottom crust, pressing loosely. Brush crust edge with egg wash, then top with remaining crust, crimping edges to seal. Brush top of pie with remaining egg wash. Cut four 1½-inch slits into top crust. Bake at lower third of oven until crust is golden. 30 to 40 minutes. Serve hot or at room temperature. Pie will keep 4 days refrigerated. May also be frozen, wrapped in plastic, for up to 3 months.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVING SIZE: 200 GRAMS (7.05 OUNCES)
PER SERVING: 400 CALORIES, 10.5g TOTAL FAT, 2.5g SATURATED FAT, 1.5g TRANS FAT, 30g CARBOHYDRATE, 1.5g FIBER, 10g SUGAR, 10g PROTEIN

WINE SUGGESTION Sweet, dry and balanced.
Minervin Pinot Blanc will pair well with this delicious pie.



TARTE AU SUCRE (MAPLE SYRUP PIE)

SERVES 10

ACTIVE TIME: 15 MINUTES

TOTAL TIME, IF FROZEN (INCLUDES COOLING TIME)

For the most robust flavor, use Grade B or Grade A Dark Amber maple syrup.

Crust:

- 1½ cups all-purpose flour
- 2 tsp sugar
- ½ tsp salt
- 4 Tbsp (½ stick) cold-unsalted butter, cut into ½-inch cubes
- ¼ cup ice water, plus additional if needed

Filling:

- 2 eggs
- 1 egg yolk

1½ cups packed light brown sugar

- 2 Tbsp all-purpose flour
- 1 tsp salt
- ¼ cup heavy cream
- ¼ cup pure maple syrup

Optional garnishes:

- Raspberries, whipped cream
- Creme fraiche

MAPLE SYRUP GRADES

Canada produces roughly 90 percent of the world's supply of maple syrup. Its main French Canadian user is the local Maplecroft brand, just to the west.

Maple syrup is graded according to color and viscosity. Lighter light grades are produced earlier in the season. Darker grades tend to be more intense flavor and are best for baking.

- 1 Prepare crust. Set refrigerator aside, and roll. Cut butter into flour mixture using a pastry cutter or palm butter and flour mixture in a food processor until butter is the size of small peas. Stir in ½ cup ice water. Dough should look shaggy and come together when pressed into a ball. If necessary, add water by the tablespoon until it just holds together but isn't sticky. Flatten dough into a disk, wrap in plastic and refrigerate for 1 hour.
- 2 Preheat oven to 350°F. Roll out crust, then drupe over a 9-inch pie pan. Trim dough. Cut excess dough from edge. Crimp edges. Prick with fork about 12 minutes.
- 3 Prepare filling. Whisk eggs and lightly in a medium bowl. Add brown sugar, flour and salt, whisking until no lumps remain. Whisk in cream and maple syrup. Pour filling into chilled pie shell.
- 4 Bake pie in top third of oven until filling is deeply golden and puffed to the center but still wiggly slightly when nudged 60 to 70 minutes. Check after 30 minutes. If edges are browning before center is cooked, cover edge with a foil collar and continue baking.
- 5 Cool pie completely about 4 hours. Then refrigerate for at least 1 hour. Serve chilled garnished with raspberries, whipped cream or creme fraiche, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVING SIZE: 200 GRAMS (7.05 OUNCES)
PER SERVING: 400 CALORIES, 10.5g TOTAL FAT, 2.5g SATURATED FAT, 1.5g TRANS FAT, 30g CARBOHYDRATE, 1.5g FIBER, 10g SUGAR, 10g PROTEIN

WINE SUGGESTION Dry, fruit, and nut.
Bevins to this classic dinner by serving it with Taylor Flaming Pinot.

Luxury Canadian French Canadian family from Massachusetts and Rhode Island.





scottish sweets

Rich and delicious treats enliven a cuisine rooted in practicality

BY CLINDA KILWANG PHOTOGRAPHS BY MARK TOLIN

Sweets are an important part of the English diet, but for Scottish people, sweets arrived in Canada in the early 18th century — from Scotland. Later, for New-Jersey, New-Jersey had to make its own sweets. As people passed they found their way to the rich, traditional sweets of the Scottish nation.

For many, by tradition, the Scots looked to the family row to provide the national butter for all manner of sweets. Since you have to make Scottish and, of course, it is a common ingredient in a variety of dishes (including you have to be Scottish to like it) haggis (made with sheep liver, heart, and lungs) as well as generally appealing other like haggis, the cakes.

Scottish sweets tend to be uncomplicated on the face, since from lots of butter as in the most famous cookies, shortbread. Shortbread dough contains little or no liquid, the butter that refers to a dough with a large proportion of fat to flour. In this case being synonymous with butter. Shortbread's simplicity makes it a great base for a variety of additions, such as the triple-layered hallowe'en Shortbread, a cookie with a rich caramel filling and a dark chocolate topping. Scotch Whisky Cake takes advantage of an exotic Scottish ingredient. Whisky is used to flavor the mixture that is mixed into the butter and a butter and whisky glaze surrounds the cake while it's still warm from the oven. These Scottish sweets are quite easy to make, and they're delicious, making them popular treats for dessert, snacks, or after meals too.

FLAPJACKS

MAKES 40 FLAPJACKS (20 SERVINGS)
ACTIVE TIME: 5 MINUTES
TOTAL TIME: 20 MIN. (10 MINUTES)

Scandinavian flapjacks are an entirely different from the American pancakes of the same name — these are softer like oatmeal flaps. Lyf's Golden Syrup, found in the international aisle, is similar to corn syrup, which may be used instead. Tasted butter brightens the oatmeal flavor. May be frozen.

- 1 cup (2 sticks) butter, softened
- 1 cup packed light brown sugar
- 1 Tbsp. Lyf's Golden Syrup or dark corn syrup
- 2 tsp. vanilla extract
- 2 eggs and 1/2 teaspoon salt

1 Preheat oven to 350°F. Line a 9-by-13-inch pan with parchment paper, leaving ends of paper extend over edges of pan, or spray pan with vegetable cooking spray.

2 In a large bowl use an electric mixer on medium speed to beat butter, brown sugar, syrup and vanilla until blended about 1

minute. Scrape down sides and bottom of bowl and beaters with a rubber spatula. Add oatmeal and mix until blended, about 30 seconds.

3 Drop clumps of dough into prepared pan. Using your fingers, gently press dough into an even layer.

4 Bake at 350°F until bubbling and light brown, about 30 to 35 minutes. Remove from oven and let sit until bubbles subside and surface appears solid, about 1 to 1 1/2 minutes.

5 Cut warm flapjacks into 40 bars. Cool in pan until firm, about 1 hour. Flapjacks cooled from brown pan, breaking apart, may stick together. Store in a tightly sealed container or vacuum-seperated for up to 5 days.

INTERNATIONAL INGREDIENTS: LYF'S GOLDEN SYRUP, 121 CALIFORNIA, 1900 CALIFORNIA BLVD., SUITE 100, OAKLAND, CA 94612
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SCOTCH WHISKY CAKE

MAKES 16
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MIN. (10 MINUTES)

This cake may be baked up to 3 days in advance. If desired, serve topped with vanilla ice cream. May be frozen.

Cake

- 1/2 cup oatmeal
- 1/4 cup Scotch whisky
- 1/4 cup hot water
- 1/2 cup all-purpose flour
- 1/4 cup cornstarch
- 1 tsp. ground cinnamon
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1/4 cup (1/2 stick) unsalted butter, softened
- 2 cups sugar
- 4 eggs
- 2 tsp. vanilla extract
- 1 cup powdered hot water cream

Butter Glaze

- 1/2 cup butter
- 2 Tbsp. softened butter
- 2 Tbsp. sugar
- 1/2 cup Scotch whisky

Cream Glaze

- 1 cup condensed milk
- 1 Tbsp. Scotch whisky
- 2 to 4 Tbsp. whipping cream

1 Preheat oven. Put mixture in a small bowl. Beat whisky and hot water over medium and stir together. Let sit for 10 minutes or tap in 1 hour.

2 Preheat oven to 350°F. Grease butter a 9- or 10-inch round or cake pan. Sprinkle inside of pan with a bit of flour. Tap out loose flour and discard.

3 Sift flour, cornstarch, cinnamon, baking powder, baking soda and salt into a medium bowl. Set aside.

4 In a large bowl, use an electric mixer on medium speed to cream butter and sugar until smooth and lightened slightly in color about 3 minutes. Add 2 eggs, beat on medium until smoothly blended, then add remaining 2 eggs and beat until smooth. Add vanilla and beat on medium speed for 2 minutes. Scrape down sides, then add half the flour mixture and beat on low speed just





and incorporated. Stir in nuts and the cooking liquid. Add remaining flour and mix on low speed, just until incorporated. Mix in most cream.

5. Scrape batter evenly into prepared pan and smooth surface slightly. Bake until top is golden and a toothpick inserted in the center comes out clean, about 35 minutes. Cool in pan on wire rack for 15 minutes.
6. While cake is cooling in pan, prepare butter glaze. In a small saucepan combine water, butter, and sugar. Cook over medium heat, stirring, until butter melts and sugar dissolves. Increase heat to medium-high and boil for 1 minute, stirring constantly. Remove pan from heat and stir in vanilla (let settle).
7. Use a small sharp knife to loosen cake from sides and center hole of pan. Invert cake onto wire rack set over a sheet of foil or waxed paper. Prick top of warm cake at 1-inch intervals with a toothpick. Using a

pastry brush, brush glaze over top, sides and center hole of cake. Use up all the butter glaze. Cool cake completely about 2 hours, then transfer to a serving plate.- 8. Make cream glaze. In a small bowl, mix together confectioners' sugar, vanilla and enough cream to form a thick, smooth pourable glaze. Use a small spoon to dot the glaze over cake, letting it drip down sides. Cut cake into wedges and serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
145 CALORIES AND CARBOHYDRATES INCLUDING
10.4 GRAM SUGAR AND 1.6 GRAM CHOLESTEROL;
FIBER 0.0 GRAM

MILLIONAIRE'S SHORTBREAD

MAKES 16 BARS OR 32 SQUARES
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 2 TO 4 HOURS

A buttery base supports layers of luscious caramel and dark chocolate. May be frozen.

Shortbread Base

- 1/2 cup (2 sticks) salted butter, softened
- 1/2 cup sugar
- 2 tsp vanilla extract
- 1 cup (2 sticks) butter
- 1/2 cup creamed milk
- 1/2 tsp baking powder

Caramel Filling

- 1/2 cup (2 sticks) salted butter
- 1/2 cup sugar
- 1/2 cup (1/2 stick) Golden Syrup or 1/2 cup corn syrup

- 1 (14-oz.) can sweetened condensed milk
- 1/2 cup (1/4 stick) softened chocolate chips

1. Preheat oven to 350°F. Line an 8- or 9-inch square pan or a 7-by-11-inch pan with parchment paper, lining sides of pan; grease outer edge of pan or spray pan with vegetable cooking spray.
 2. Prepare shortbread base. In a large bowl, use an electric mixer on medium speed to cream but to test sugar until smooth and lightened in color, about 2 minutes. Scrape down sides and bottom of bowl and beaters as needed with a rubber spatula. Mix in vanilla. Set together flour, cornstarch and baking powder and add to bowl. Mix on low speed until dough forms large clumps and holds together about 1 minute. If dough is too heavy to clump together with the mixer, use your hands to push it together.
 3. Using your fingers, press dough gently and evenly into prepared pan. Bake until top is golden and edges brown, about 25 to 30 minutes.
 4. While shortbread bakes, prepare caramel filling. Put butter, sugar, syrup and condensed milk in a large saucepan and cook over medium-low heat until mixture comes to a boil, stirring occasionally about 10 to 15 minutes. Continue boiling, stirring gently and constantly 4 more minutes. Mixture should darken to a light caramel color. Be careful, as mixture may splutter. Remove pan from heat and pour filling over shortbread.
 5. Let caramel filling cool for 5 minutes, then sprinkle chocolate chips over filling. Let chips soften and they melt about 5 minutes. Use a knife or spatula to spread melted chocolate over filling.
 6. Let chocolate set and firm, about 2 to 3 hours. When set, cut shortbread into 16 squares. Remove from pan and separate the pieces. Store in a tightly sealed container at room temperature for up to 3 days.
- APPROXIMATE NUTRITIONAL VALUES PER SERVING:**
150 CALORIES AND CARBOHYDRATES INCLUDING
10.4 GRAM SUGAR AND 1.6 GRAM CHOLESTEROL;
FIBER 0.0 GRAM
- Elaine Menon found both in *The Essential Chocolate Chip Cookbook: Chocolate Bites*

SAFETY TIPS

Burns happen. Butter that has softened at room temperature for at least 30 minutes is hard to stir in thick ridges, so it combines more smoothly with other ingredients. Press a finger gently on the softened butter to check that it's soft.

Cut carefully. Playdohs are soft when warm and crisp when cool. They shouldn't cut while warm and then crack before releasing them from the pan for Millionaire's Shortbread, so cool the chocolate before using.

Store to store. The Boston Whiskey Cake was fit carefully with plastic wrap. If freezing, wrap it in foil as well. Playdohs and Millionaire's Shortbread can be stored in a sealed container. If freezing, wrap in plastic bag and then place in a plastic bag or container.



THE POPULARITY OF THE SUBTLY SPICED
COOKING OF THE DOMINICAN REPUBLIC IS THRIVING
IN — AND BEYOND — THE IMMIGRANT COMMUNITY.

dominican delights



Dominican *luchito* is one of the hottest requests at the American culinary scene. Interest in this Caribbean island's cooking has increased over the past 25 years with the swell of Dominican families, who began arriving here in the 1980s.

The cooking revolves around rice, beans, and plantains, typically accompanied by grilled fish or shellfish, pan-fried steak, or flavorful stews. Fresh ingredients are delicately enhanced with seasonings like oregano, garlic, and ajiaco.

Dominican dishes have much in common with food throughout the Caribbean, but are also influenced by a strong West African heritage, reflected in the popularity of long-simmered stews and ingredients such as the root vegetables yuca and yautia.

The article recipes that follow highlight the flavors of their main ingredients through simplicity of preparation. A sometimes ending to a meal is *Bloqueo Dominicano*, a pound cake that's a staple at weddings and other festive occasions.

by Barbara Brown
and Stephanie Lee, Food Editors

Note: The cake works best if eggs are at room temperature. To speed the process, place eggs in a medium bowl, cover with very warm water, and immerse the water for 5 to 10 minutes before using.

Filling

1. Cut six 1/2-inch-thick slices pineapple rings, sliced into 1/2-inch pieces, drained.
2. 1 cup water
3. 1 cup sugar
4. 1/2 cup pure vanilla extract

Cake

1. 1 cup (2 sticks) unsalted butter, softened
 2. 1 cup sugar
 3. eggs, at room temperature
 4. 1/2 cup pure vanilla extract
 5. 1 cup orange juice
 6. 1 1/2 cups grated orange rind
 7. 1/2 cup nut
 8. 1 cup sifted cake flour
 9. 1 cup heavy cream
- Confectioners' sugar for dusting
Pineapple rings, or chopped pineapple
optional garnish

1. Prepare filling. In a medium saucepan

combine pineapple, water, sugar, and vanilla. Bring to a boil over high heat, then reduce heat to medium-low and cook, stirring frequently until pineapple is tender and mixture has thick, almost jam-like consistency about 1 hour. Drain off any excess liquid and set filling aside to cool to room temperature. May be prepared up to 3 days in advance. Keep refrigerated until ready to use.

2. Spray a 9- or 10-inch round or tube pan with vegetable-cooking spray. Use a paper towel to make sure entire surface is coated; then dust pan with flour.

3. Preheat oven. Mix butter and sugar in a large bowl with an electric mixer at medium-high speed until mixture is pale and fluffy about 3 minutes. Add eggs one at a time, beating well after each adds some flow to mixture. Orange juice and orange rind.

4. Reduce speed to low. Add nut and half the flour, mixing well. Scrape down sides, add cream, and mix well, then add remaining flour, mixing well. Beat mixture at medium-high speed for 3 minutes. Batter should be pale yellow and fluffy. Spoon 2/3 of the batter in an even layer into a prepared pan and smooth the surface.

SHAKE IT UP

A popular Dominican beverage, the batido is a shake made with milk, ice, and tropical fruits. One of the most beloved versions of the sweetly named drink includes pineapple. While drinking, I shake concocted with freshly squeezed orange juice. For a quick and easy version, stir 2 Tbsp. of sugar into 1 cup of unsweetened milk and two sugar droppers. Place the mixture in the freezer until it is solid. Transfer the chilled liquid from freezer into 1 cup orange juice. Stir. Chilled ice, bits of milk and vanilla extract, and fresh fruit makes the smooth summer sipper.

5. Spoon a layer of cooled pineapple jam on top of batter, making sure that the top of pan does not remain too either water or outer edges of batter. Use about 1/2 cup to 1 cup of jam without spreading the filling beyond the sides of the cake.
6. Top with remaining cake batter, taking care to distribute the jam as far as possible. Place pan on middle rack of a cold oven and turn oven on to 325°F. Bake until surface is golden brown and a tester inserted into cake comes out with a few dry crumbs about 1 hour.
7. Cool cake in pan for 30 minutes. Use a thin knife to gently loosen cake from pan, then invert cake onto a cooling rack. Some of the pineapple filling may have seeped and spilled out of top of cake. Arrange this in an even ring around top of cake.
8. Allow cake to cool completely about 1 hour. Right before serving, tilt confectioners' sugar over top. Slice and serve with pineapple, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SUGGESTED 1/2-CUP SERVING): 400 CALORIES, 20g FAT, 10g PROTEIN, 100g CARBOHYDRATE, 100g SUGAR, 10g FIBER.

It all comes in a glass. A glass with a light alcohol level and hints of citrus, such as Batido Mojito.

Write Beverly Ballou experiments with flavors in her suburban Boston kitchen.



Flavors of Vietnam

Healthy dishes infused with fresh herbs are hallmarks of this eye-appealing cuisine

BY LARINE PIER WITH KETTY SCHNEIDER, M.D., RD PHOTOGRAPHY BY JEFFREY M. SMITH

When Vietnamese immigrants and refugees began arriving in America, contributions to the late 1970s they brought hunger for a new experience, but an appreciation for their traditional foods. Vietnamese cuisine aims to preserve the freshness and natural flavor of food as much as possible, evident in the abundant use of fresh herbs and vegetables, the simplicity of rice noodles and grilled dishes, and the delicacy of soups/stews. What is most most striking and less mutually like the bright complex flavors of Vietnamese cuisine — a blend of lemongrass, fish sauce, chilies, lime, and herbs such as cilantro (leaf), and more — more than make up for the lack of fat.

When talking about the Vietnamese way of eating is the use of fresh herbs as a central element of a dish. The healthy compound meals include plates of various greens — bouquet of herbs alongside leafy lettuce — accompanied by slices of cucumber, scallions, or bean sprouts. Dishes are eaten participants in the “bowl” of the food, rice, noodles, grilled meat or seafood might be accompanied by herbs and other items, allowing you to create handfuls of your choice over the food. This is especially true with amazing bowls of pho (pronounced “fuh”) the soup that is the national dish of Vietnam.

Recent studies by the U.S. Department of Agriculture indicate that fresh herbs, on which and abundant source of antioxidants, and could provide numerous benefits when consumed as part of a balanced diet. When combined with ginger, garlic, and chives, which are also common to Vietnamese cuisine, and combine health benefits of their own, the phytochemical pattern is a potent superfood one.

SUMMER ROLLS
WITH NUOC CHAM
SERVES 4 (2 ROLLS EACH)
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 45 MINUTES

For a vegetarian option, substitute thin slices of firm tofu for the shrimp. These rolls pair well with the classic Vietnamese dipping sauce, nuoc cham (pronounced roughly “noo-cha-m”).

Ingredients

- 1 quart olive oil
- 2 Tbsp sugar
- 2 Tbsp crushed red pepper flakes
- 2 Tbsp red wine

- 2 Tbsp fresh lime juice
- 1 Tbsp minced fresh garlic (found in the International aisle)
- 1 tsp unsalted fish sauce

Summer Rolls

- 2 oz thin rice noodles or rice vermicelli
- 4 medium-size lettuce leaves, with removed outer leaf gently torn in half
- 1/2 cup cooked shrimp, cut into 1-inch pieces, removed shell and deveined (make them roughly “hook” shape)
- 1/2 cup fresh mint leaves
- 1/2 cup fresh cilantro leaves
- 1/2 cup fresh basil leaves
- 1/2 cup fresh dill leaves
- 1/2 cup fresh chives
- 1/2 cup fresh scallions
- 1/2 cup fresh bean sprouts
- 1/2 cup fresh cucumber, sliced
- 1/2 cup fresh carrot, sliced
- 1/2 cup fresh radish, sliced





Eating for Healthy Aging



As we get older, we all start looking for the fountain of youth. However, looking and feeling young may be as easy as having dinner. Certain foods can help reduce the signs of aging, and adding them to your diet daily can make you feel and look years younger.

Fish. Full of heart-healthy omega-3 fatty acids, fish is powerful anti-inflammatory foods. The added salmon or tuna to your diet twice a week.

Fruits and Veggies. The antioxidant phytochemicals, which fight diseases like osteoporosis, cancer, and heart disease, and minimize the effects of aging. Try to eat at least five servings of fruit and veggie each day. Use a piece of fruit or a salad with lunch or snack. Start with Fresh Express triple washed, bagged baby spinach for quick and easy ways to get your greens!

Whole Grains. Prior to 1980, to help lower your cholesterol levels and promote

proper digestion. The bread without least 3 grams of fiber per serving or add high fiber cereals to your breakfast every morning, such as Raisin Bran or bran flake, all made with whole wheat grains.

Legumes. Beans and legumes are amazing vegetarian sources high in fiber, protein, and nutrients that rival even those found in fruits and veggies.

Yogurt. High in calcium, yogurt has the added benefit of probiotics to keep your digestive tract functioning smoothly and your immune system strong. Check suggestions that yogurt can even fight colds and flu, study by Dan-Arie Ben-Ner, Defense for microbes against bacteria.

and cook, stirring frequently, until sauce is translucent, about 3 minutes. Add garlic and cook, stirring frequently, 1 minute. Add rice, stir to coat with onion mixture and cook until edges of grains begin to turn translucent, about 3 minutes.

4. Add wine, reduce heat to medium-low until rice, stirring frequently, until wine is absorbed; about 20 minutes. Add 1 cup warm broth and cook, stirring occasionally until it has been absorbed; about 5 minutes. Add remaining broth 1 cup at a time and cook until it has been absorbed between each addition and rice appears moist, a steamy, and cooked through; but still a little chewy about 15 minutes total.

5. Add salt, pepper, and/or chopped scallion (optional) and continue to cook, stirring occasionally until uniform, or heated through and rice is tender and appears done when there is still steam and a steamy about 4 minutes. Add cheese and mix; garnish and cook, stirring occasionally until melted; about 1 minute. Serve immediately.

Abstracts from the 1998-1999 National Survey of the Health and Safety of Child Care Workers and Child Development Center Directors, and the 1998-1999 National Survey of the Health and Safety of Child Care Workers and Child Development Center Directors, are available.



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BRUSHING OLIVE BRUSCHETTA WITH PARMESAN AND TOMATOES

100

These results indicate a satisfying diet may be associated with a more favorable CRP level.

- 4) cup low sodium chicken broth
 - 5) Two tablespoons Chopped fresh Pepper Dipping Oil plus additional if needed
- PG-10** 10 PG-10 CS 10-40 instructions English
 Minutes 10-15 Serves 4
- 1) medium onion, finely chopped

[illegible]

INSPIRATIONS

of the roquent chicken and a spritz of the remaining poultry fat or olive oil.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
490 CALORIES, 50 CARBOHYDRATE, 40g PROTEIN,
15g FAT, 10g FIBER, 10g CHOLESTEROL,
20mg SODIUM, 10mg IRON



WINE SUGGESTION This recipe pairs well with the carbon and citrus flavors of *Clos de l'Éclat Sauvignon Blanc*.

LEMON RISOTTO WITH ASPARAGUS AND SALMON

SERVINGS: 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 45 MINUTES

Italian cooks often omit olive fat, instead relying on the moisture called for here, while richens and adds a strong Parmesan flavor.

- 4 1½-4½ cups low sodium chicken or vegetable broth
- 1 Tbsp. inspired herb blend (page 44)
- 1 medium onion, finely chopped
- ½ cup Arborio rice

OR:

RISOTTO VARIATIONS

Get lots of inspiration! Use these as a starting point for your risotto.

• **Chicken and Roasted Red Pepper Risotto** Follow the recipe for Green Olive Risotto, and swap the tomatoes and capers and add ½ cup inspired rose or Roasted Red Pepper spread.

• **Roasted Chicken Risotto with Feta and Balsamic** Follow the recipe for Roast and Green Risotto, replacing chicken with feta and swapping with inspired herb Roast Sprinkle.

• **Lemon Risotto with Peas and Mint** Follow the recipe for Lemon Risotto, replacing asparagus with frozen peas and salmon with ½ lb. inspired herb Old Fashioned Steakhouse meat, and add small cubes.



- 2 Tbsp. freshly grated lemon zest
- ½ cup dry white wine, room temperature
- ½ lb. asparagus, ends trimmed and kept French lengths
- ½ cup inspired herb blend to eat and/or to finish
- 1 tsp. freshly ground black pepper
- 2 10-oz. 5 ingredients Chicken Cut Salmon Portions, cut into French lengths
- 2 Tbsp. quality Parmigiano Reggiano cheese, optional
- 2 Tbsp. fresh lemon juice
- 4 Tbsp. finely chopped fresh chives

1 In a small saucepan, bring broth to a simmer over medium heat, about 3 minutes. Reduce heat to low and continue to simmer. In a large pot, heat oil over medium heat until hot, about 1 minute. Add onion and cook until translucent, stirring frequently, about 3 minutes. Add rice and brown one side to coat with a thin brown crust, and cook until edges of grains begin to turn translucent, about 2 minutes. 2 Add wine, reduce heat to medium-low and cook, stirring frequently, until wine is absorbed, about 2 minutes. Add 1 cup warm broth and cook, stirring frequently, until it has been absorbed, about 3 minutes. Make 1

more addition of 1 cup broth, cooking until it has been absorbed, between each addition, and rice is moist and creamy, but still a little chewy. 3 In 15 minutes total, if rice is not chewy at this point, add ½ cup broth or water and stir until it's absorbed.

3 Add asparagus to pot with remaining broth and simmer gently for about 3 minutes. Add broth with asparagus to rice, along with salt, pepper, and salmon. 4 In 5 cups, and continue to cook, stirring occasionally and gently (do *not* stir fish from breaking up too much) until asparagus is tender-crisp, salmon is cooked through, and rice is tender and moist but still moist and creamy, about 5 minutes. Add chives (if using), lemon juice and 4 Tbsp. of the chives, stirring gently to incorporate. Serve immediately, garnished with remaining 2 Tbsp. chives.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
590 CALORIES, 70g CARBOHYDRATE, 40g PROTEIN,
20g FAT, 10g FIBER, 10g CHOLESTEROL,
40mg SODIUM, 10mg IRON



WINE SUGGESTION This recipe pairs better with the carbon and citrus flavors of *Clos de l'Éclat Sauvignon Blanc*.

Photo: The Kitchen Store
 www.thekitchenstore.com

Puerto Rican Grill

Enjoy a taste of the Caribbean outdoors

By Stacy Morris
 Photographs by Francesco Tonelli

PUERTO RICO'S ISLAND LIFESTYLE and year-round warm climate lend themselves to outdoor living, which naturally makes grilling a favorite way to cook. Many Puerto Rican meals center on meat and chicken, but the island's Caribbean location means fish is also popular. And, with fresh produce so readily available on the island, many dishes are complemented by an array of vegetables and beans, many of which are native to Puerto Rico.

The island's cuisine has been introduced to the mainland, partly through returning tourists eager to reproduce their Caribbean meals they enjoyed in Puerto Rico. But most of the enthusiasm for favorite dishes is being spread by the

A close-up photograph of a plate of food. On the left is a large, thick piece of grilled steak with a dark, charred exterior and a pinkish-red interior. A fork is positioned to cut into the steak, revealing its texture. To the right of the steak are several golden-brown, wavy potato chips. In the foreground, a knife is visible, partially cut off. The background is slightly blurred, showing more of the plate and some green garnishes.

Colorful chili
peppers heat
up grilled steak
for a meal that's
anything but
ordinary.

GRILLED STEAK WITH HOT CHILI PEPPERS

- 1. Tbsp. olive oil, divided
- 1. tsp. sea salt or kosher salt
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. dried mango

1. Preheat grill to medium heat. Remove steak from refrigerator and let sit at room temperature while you prepare peppers.

2. Cut each pepper into thin strips. Place in a small mixing bowl and toss with 1 tsp. of the oil. Transfer peppers to a large sheet of heavy-duty foil and bring corners together to form a pouch. Peppers should not be tightly wrapped in the foil. There should be an air pocket large enough for peppers to steam while cooking. Place foil bag over direct heat on grill for 5 minutes.

3. Sprinkle salt, black pepper, and mango over both sides of steaks. Move foil pouch of peppers to indirect heat and grill for

another 10 minutes while you grill steaks. Brush grill with remaining 1 tsp. olive oil, place steaks over direct heat, and cook on each side for 2 minutes. Move steaks to indirect heat and cook for another 5 to 7 minutes for medium-rare. Arrange steaks on a serving platter.

4. Remove foil bag from grill. Open slowly, being careful to avoid escaping steam. Pour peppers over steaks and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
445 CALORIES • 40 CARBOHYDRATE • 44g PROTEIN
22g FAT • 20g SATURATED • 10mg CHOLESTEROL
44mg SODIUM • 10 FIBER

WINE RECOMMENDATION: Look for big, full-bodied Merlot, with a flourish of black pepper and juicy blueberry to pair with this boldly seasoned steak.

GRILLED PORK CHOPS WITH MANGO CHUTNEY

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

Rock has long been a staple in Caribbean cuisine. Topping pork chops with a sweet and flavorful mango chutney gives them an added dimension in taste and color. Serve with boiled yams and a sautéed salad for a classic Puerto Rican meal. If you're on a rush, substitute 1 (11 1/2-oz.) jar of Imperial Mango Chutney for the homemade chutney. May be halved.

- 3 ripe mangoes, plus 1 additional for optional garnish
- 1/2 cup olive vinegar
- 1/2 cup fresh sugar
- 2 tsp. minced garlic
- 1 tsp. minced fresh ginger or 1/2 tsp. ground ginger
- 4 (11 1/2-oz.) center cut boneless pork chops (at least 1 inch thick)
- 1 tsp. sea salt or kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 tsp. olive oil

1. Preheat grill to medium-high. Peel 3 mangoes, then slice off four sides of each mango. Slice those pieces into 1/2- to 3/4-inch slices and cut these slices into chunks. You should have about 4 cups of chopped mango.

2. Place mango pulp, vinegar (minus sugar), and ginger in a heavy sauce pan and simmer uncovered over medium heat for 15 minutes, stirring occasionally until mangoes have softened slightly and mixture is golden brown. If desired, grill and slice remaining mango into 1/2-inch slices and set aside.

3. Pour mango chutney over serving dish or grill; heat and cool to room temperature (it's OK if chutney is slightly warm when served).

4. While chutney cooks, season pork chops with salt and pepper, then brush with oil and grill for 5 to 7 minutes on each side. Place meat on serving platter and top each pork chop with 3 to 4 Tbsp. chutney. If desired, garnish with 2 to 3 slices of fresh mango. Serve immediately.





PHOTO © SHUTTERSTOCK/STOCK

AMERICANAS MEXICANAS This three-ingredient salad is delicious. **400 CALORIES** 40% CARBOHYDRATE 15% FAT 45% PROTEIN 140.0g (2 1/2 CUPS) 100% WHOLEGRAIN WHEAT CRACKERS, 100% WHOLEGRAIN, 1/2 CUP



WINE SUGGESTION: Also? When larvae is sunny, really sweet wine from *Avenidas* will echo the mango flavors in this dish and leave you refreshed with its crisp, gentle finish.

MAGNIFICENT MANGOES

They make the best of mango season in Puerto Rico, and the good news is they're easily available elsewhere too. Take advantage of their abundance and savor this trio, pairing it as you wish in a variety of dishes. There's also a great addition to mangoes and chutneys. After mangoes will have been fed red light, skin and will yield slightly when squeezed. A few more to enjoy fresh mangoes:

- Mix it yogurt. Blend into a smoothie or spread with granola in a parfait.
- Add to a color-by-text salad.
- Pinwheel it: a sauce and garnish with mango, paprika.

SEARED TILAPIA WITH SOPRO

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

Sopros is a beautiful mix of onions, peppers, tomatoes and garlic in the perfect proportions to the mild taste of tilapia. Serve with a bit of crusty Mexican flour. **Cheese:** American cheddar and a bit of cheddar. **Spices:** Sautéed with onion. For the perfect, pan-fried meat, 1/2 cup onion makes a great dip for tortillas. **Is tilapia:** Recipe may be halved.

Salvage

- 1 medium sweet onion, peeled and quartered
- 1 medium red bell pepper, seeded and cut into pieces
- 1 medium tomato, quartered
- 2 garlic cloves, peeled
- 1 tsp olive oil
- 1/2 tsp sea salt or kosher salt
- 1/2 cup light-colored chicken broth

Tilapia

- 1 lb (2 1/2 cups) tilapia
- 1 tsp olive oil

- 4 tsp freshly ground black pepper
- 1 avocado, peeled and sliced diagonally

1 Preheat grill to medium-high. While grill heats, prepare onion: Put onion, bell pepper, tomato, and garlic in bowl of a food processor or blender; pulse until diced. Add olive oil and pulse for 5 to 10 seconds; until ingredients become a chunky paste. Add salt and chicken and pulse until blended. Transfer oil mix to a medium serving bowl and set aside.

2 Prepare tilapia. Brush fillets with olive oil and grill for 5 minutes on each side over direct heat, or until slightly charred and just opaque in the center. Place fillets on serving platter and sprinkle with black pepper. Top with 3 Tbsp sopros and serve immediately with avocado on the side if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 400 CALORIES, 40% CARBOHYDRATE, 15% PROTEIN, 45% FAT (2 1/2 CUPS) 100% WHOLEGRAIN WHEAT CRACKERS, 100% WHOLEGRAIN, 1/2 CUP



WINE SUGGESTION: Enjoy this dish with California Winery's Chardonnay, a medium-bodied white wine.

Stacy Morris is a food and travel writer. Visit her blog at www.stacymorris.com.

Summer Asian Meals

Hannaford offers quick and easy options for warm-weather dining.



READY IN 30 MINUTES

ORIGINAL ROTISSERIE CHICKEN

MAIN

Original Rotisserie Chicken

Invite Prepared Foods to set up a display for Original Rotisserie Chicken ready to serve as soon as you get home. Our special recipe makes a delicious hot and tender!

SIDE

Salad

In Prepared Foods, you'll also find salads made just for you. Try our Ripped Onions, a light summer accompaniment to the chicken. **Edamame Salad** (edamame: frozen green soybeans) are perfect in a warm weather salad topped with orange dressing. You'll find it in the Salad.

DESSERT

Berry Salad

Try our Fall is all things berry! Sicilian Lemon Soda with a scoop of raspberry sorbet (from Prepared Foods) for a refreshing summer dessert!

INSTRUCTIONS: Everything is ready to eat as soon as you get home. Start with the salad while you serve the chicken.



READY IN 30 MINUTES

TERIYAKI BEEF KABOBS

MAIN

Teriyaki Beef Kabobs

Invite Chef (also up for sale) to set up a display of Original Beef Teriyaki Beef Kabobs, marinated and ready to grill as soon as you get home.

SIDE

Mixed Vegetables

Let the Produce department, you'll find packages of Broccoli Cauliflower Medley Greens, then toss with Nature's Place™ Organic Creamy Olive Dressing. **Steamed Rice** Mix up a traditional pre-cooked brown/white rice in the bowl with rice and other grains.

DESSERT

Berry Smoothie

Flavorful smoothies are also sold with individual cake mixes, but it's found in the Produce department. Top with whipped cream from the Dairy.

INSTRUCTIONS: Preheat grill for 30 minutes. Grill kabobs and toss with dressing. Cook rice and dinner is ready.



Eat Well from Morning...



Noon...



to Night!



SOME PEOPLE ARE STRUCK
SPEECHLESS BY ITALIAN ART.

MAYBE THAT'S BECAUSE
THEIR MOUTHS ARE FULL.



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